

Sustrans Bike It news

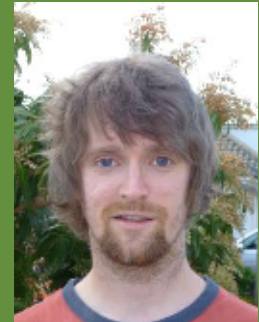
Wey Valley School visit Bournemouth Cycling Centre



Sustrans Bike It has been working with Wey Valley School since September 2010, and they have achieved a great deal in that time. The school bike club, The Wey Valley Wheelers, has become affiliated with Go Ride, which has been fantastic for the students' development. The Go Ride sessions this term have introduced the idea of cycling as a sport to many students, and to finish with a bang, Sustrans was able to arrange for a group to attend a track training session at Bournemouth Cycling Centre with Dave Jowett from British Cycling and Jason Falconer. The group quickly adapted to the fixed-wheel bikes and the students and Mr Mortimer really enjoyed the session. The school has already booked more sessions to take pupils to the track as part of the bike club. Equally exciting was the news that the Wheelers won the first Dorset Schools MTB challenge this term too. Well done to all those involved. Their last minute entry was rewarded by commendable effort from everyone which won the school the award.

Wey Valley is not just about sport cycling though, and is committed to encouraging students to cycle to school. A recent Bike Breakfast tempted nearly 100 pupils to cycle to school in the autumn gloom. The bacon rolls were greatly appreciated by all. Keep a look out for the date of the next event!

I'd love to hear from you...



I'm Jonathan Dixon, Sustrans' schools officer for Dorset. Please get in touch if you have any great school stories or would like to find out more about our schools work.

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Sign the Free Range Kids pledge for 20mph limits in residential areas and investment in walking and cycling routes, particularly to school.

sustrans.org.uk/freerangekids



Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. It's time we all began making smarter travel choices. Make your move and support Sustrans today. www.sustrans.org.uk


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 JOIN THE MOVEMENT

Bike It Snippets

A big Sustrans Bike It welcome to Burton Primary in Christchurch and St Catherine's Primary in Bridport, who both joined the project this September. We look forward to Sandford First School and more joining us very soon. Please get in touch if you would like your school to be involved.

Five schools and over 130 children have already done Bikeability cycle training this school year! Well done to Parley First, St Andrew's, St Nick's, Bincombe Valley and Burton Primary for organising it so quickly.

6 Dorset schools have achieved the Bronze School Mark award; there are more schools very close to achieving the award too.

Sustrans in Dorset has just recently been successful in a bid for funding for cycle storage, meaning that more Bike It Schools will have new shiny bike shelters very soon!

St Mary's First School learn their bike check A B C.



St May's First School had a new Bike It Champion to start this year, and Mr Smith delighted his class when he brought his own bike to school one day. By looking over all the parts of the bike, the whole class learned how to check a bike before you ride off.

Three important things to check are: **A** - for correct **air** pressure in the tyres, **B** - for are the **brakes** working? **C** - for oil the **chain**. The Bike It Crew from year 4 had the chance to test their skills when Jonathan was in school for a Brighten Up and Cycle Skills day. They correctly remembered what to check, and what to do if you find that something is wrong.

They then had the chance to show their friends how to do the ABC check, before taking part in cycle skills games including sardines and the slow race.

Well done to those who took part in the Brighten Up day. Remember to stay bright when out and about on your bike or scooter.

Bike It Schools in Dorset

Bronze School Mark Schools:

Somerford Primary, St Andrew's Primary, St John's Primary, St Mary's First, Parley First, Wey Valley

Other Bike It Schools:

Bincombe Valley Primary, Burton Primary, Ferndown First School, Oakhurst First School, Radipole Primary, Sandford First, St Catherine's Primary, St Nicholas & St Laurence Primary, The Lady St Mary First.

Did you know?

Studies from California have shown that the more active pupils were, the better the marks they got in numeracy and literacy?

...and across the UK

The results achieved in Dorset contribute to Sustrans' school work throughout the UK. Slowly but surely we're helping to establish a healthy and sustainable travel habit amongst the next generation. In 2010 Sustrans worked with 180,000 children at more than 1,000 schools, overall there was:

- a 125% increase in the number children cycling to school every day
- a safe route to school created for more than 76,000 children
- a drop from 72% to 53% in the number of children who never cycle to school
- 92% of head teachers agreed that Sustrans helped their pupils get more physical activity

We also just had our first report in from our Scottish schools project:

- Every day cycling amongst girls went from just 1% to 5%
- 58% of girls now cycle outside of school, up from only 17% previously

What's Sustrans up to with schools in your region?

Since the summer we have welcomed three new staff members into the region.

Lucie Taylor joined our team over the summer and is the Sustrans Bike It plus officer for Wiltshire. Lucie is bringing the experience gained as a Bike It officer in the SE into a new role designed to enable both cycling and walking on school journey.

Joe Bigwood joined in October and is the third Sustrans Bike It Officer for Bristol. Prior to joining Sustrans Joe was a primary school teacher in Bristol. A new post has been created to support the work of the bike it team and we welcome

Gary Seabrook into the role of Champion support Officer.

We are also about to appoint a new **Bike It Officer for Torbay** thanks to a Health Lottery Grant, Torbay Care Trust and Torbay Council.

A number of new routes to schools have been created in the SW, the largest of which is a new off road route and bridge linking Ottery St Mary to Kings School.

Hype that site – www.freerangekids.org.uk

A **FREE** treasure trove of resources for schools, both for in the classroom and in the playground! Teachers and Champions put your feet up and **click on the SCHOOLS section** to get all the **lesson plans, assembly ideas and activities** you need to get your pupils walking and cycling... tried and tested from the best and brightest ideas Sustrans' schools officers have to offer!

Oakhurst First School gets bright

The new Bike It Crew at Oakhurst First School helped to make sure that everyone understood the message behind the Get Bright day. They chose the winners of the "Decorate your bike" competition, and helped Mr White to organise the day. The children were full of questions during the class session, and really enjoyed the event. Thanks to everyone for taking part.



Photo of the term



Year 3 pupils have fun in a cycle skills session at Somerford Primary School. Their focus is all about cycle safety at the moment, so I hope they go on to do Bikeability training very soon.

Top tips for the term

- Join us for the **Big Pedal** in March... incredible prizes for 52 winning schools in the UK's biggest cycle to school event www.thebigpedal.org.uk. We're aiming for a million cycle trips and 1000 schools, will you be one?
- **Bright ideas** run events to make sure children are seen in the dark winter months by promoting lights and hi-vis gear

Get this resource...

- **Scooting to School...** our information sheet on how to encourage and accommodate scooters, which can be a key link to cycling to school. Download the Action sheet at www.sustrans.org.uk/schooltravel and click on Resources, then Infosheets

School travel news from the UK

It's been another busy autumn term for Sustrans' Schools, Children and Young People team. We now have more Schools officers working around the country than ever before, highlighting the value put on their fantastic work by our partners and funders in local authorities, Primary Care Trusts and in government.

There was a fantastic response to our **Dream Streets competition** with over 2,500 entries from children telling us what *they* would like their local street to look like, from giant rabbits to water slides, egg dispensers to dog vs cats football matches... and a notable lack of cars!

Our **Winter Sticker competition** occupies many pupils as we go to print and we will shortly be launching our **Heroes award scheme** for Sustrans schools. Various officers have worked hard for it to be Inspire marked for London 2012 Olympic games, so children can earn Bronze, Silver or Gold accreditation by achieving various Olympic and Paralympic values related to cycling and sustainable travel.

Our **Free Range Kids** campaign continues to offer free resources to schools and campaign for nationwide residential 20 mph limits (the biggest difference we can make for children's safety and to encourage cycling) and in March **The Big Pedal** aims to generate over a million cycle journeys to school – will you be in the saddle?

Dates for the diary

January

23rd – Chinese New Year starts
25th – Burns Night... pen a poem in praise of cycling!

February

14th – Valentine's Day... show how much you love your bike!
15th – Nirvana Day (Buddhist)... cycle heaven?
21st – Shrove Tuesday... pancakes for your bike breakfast?

March

5th-23rd – The Big Pedal... help us reach a million school journeys by bike!
18th-23rd – Bike to School Week

Let the kids take the kids to school - please continue to support our work

Sustrans' vision is a world in which people choose to travel in ways that benefit their health and the environment, and this applies to children just as much as it does to adults. The positive experiences of all the children that you have read about in this newsletter are the culmination of more than 16 years of work by Sustrans and our school travel professionals.

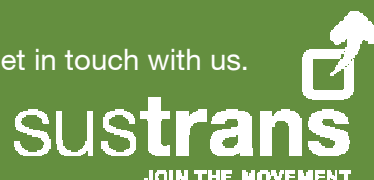
Without your support, many children would not have the opportunity to enjoy an independent and active school journey, so a huge thank you from all them on our behalf. The long-term benefits of creating a healthy and sustainable school journey will be shared by all of us - in terms of our health, the environment and the wider economy.

If you like the sound of what Sustrans does and think that more schools in your area could benefit from our work, or you want to know more, please get in touch with us.

email info@sustrans.org.uk

phone 0845 113 0065

online www.sustrans.org.uk



Sustrans is grateful for the continued support of our schools work in Dorset from the following:

